

## **Exercise Physiology**

**Dates:** June 25-28, 2007

**Location:** Skyline High School  
3251 E. 3760 S., Salt Lake City, UT

**Time:** 8:00 a.m. – 12:00 p.m.

**Credit:** 17 Recertification Points or 1 Hour USOE Lane-Change Credit

**Instructors:** TBA

**Course Contact Information:**

Curtis Hale      801-646-4530      [curtis.hale@granite.k12.ut.us](mailto:curtis.hale@granite.k12.ut.us)

**Registration Fee:**

\$75    **Registration fee to:**      Granite School District

**Send registration form to:**

Curtis Hale  
Granite SD Physical Education Specialist  
Lincoln Elementary  
3251 E. 3760 S.  
Salt Lake City, UT 84109-3799

**Course Description:**

This course will focus on the effect of exercise on the various body systems, specifically, the muscular system, the cardiovascular system, the nervous system, and the skeleton. It will also show the benefits of physical conditioning, proper nutrition, and hydration in performing physical activities. The effects of supplements and steroids will also be included in the curriculum. An assignment is required for USOE credit.